

Operating and assembly instructions

# VR 230

Built-in grill



**GAGGENAU**

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# Preface



Fig. 1

**Grilling will now be even more fun with this appliance!**

Among other things, the appliance offers you the following **advantages**:

- two separately switchable grill heating elements
- thanks to the novel installation method implemented, installation is child's play!

To ensure that you will be able to use this appliance in all its diversity, read through the operating and assembly instructions conscientiously **before operating** it for the first time. The instructions contain **important notes** on **use, installation and maintenance** of the appliance.

You will find notes on Page 3 that you ought to observe **before operating the appliance for the first time**.

The chapters entitled "**Structure and operating principle**" and "**Operation**" will tell you all the things your grill is capable of doing and how the appliance is operated.

**"Cleaning and care"** makes sure that your appliance will stay beautiful for a long time.

Consult "**Tips and tricks**" if you cannot set the function you require. Please contact Gaggenau after-sales service if these tips are not enough.

**And now we wish you lots of fun with your grill!**

# 1. Important notes

## 1.1 For your safety

- **Damaged appliances** must not be operated.
- The appliance must only be connected by an authorised specialist, paying attention to the relevant regulations of the power supply companies and the regional construction regulations.
- Observe the assembly instructions!**
- When connecting **electrical appliances** in the proximity of the grill, make sure that connecting cables do not come into contact with hot cooking surfaces.
- **The user** is responsible for expert use and the perfect condition of the appliance.
- Only ever operate the appliance **under supervision**.
- **Caution!** The appliance gets hot during operation. Keep it out of the reach of children!
- **Observe caution with oils and fats.** They may overheat and burn easily.
- **Do not** clean the appliance with a steam cleaning apparatus or with water pressure because this poses a **risk of short-circuits**.
- Isolate the appliance from the mains during every **maintenance operation**. To do this, remove the mains plug or actuate the corresponding fuse.
- **Repairs** must be carried out by authorised specialists, thus ensuring electrical safety.
- **No warranty claims** can be lodged in the event of damage caused by failure to observe these instructions.
- Do not store any substances that are sensitive to high temperatures, or which pose a fire hazard (e.g. cleaning agents or spray cans), in drawers or cupboards under the appliance.

**Technical modifications reserved!**

## 1.2 Operating for the first time

**Before** operating the appliance for the first time, please pay attention to the following notes:

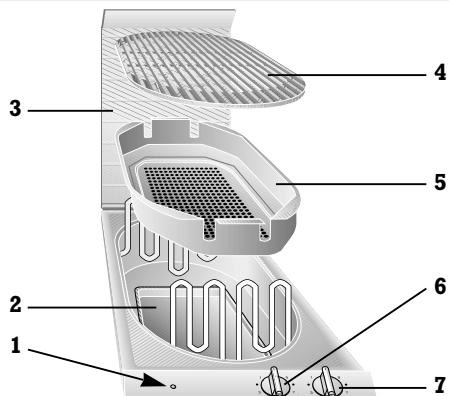
- Conscientiously **read** through the operating and assembly instructions before operating the appliance for the first time.
- The rating plate for this appliance is included with the instructions on a separate sheet. Store the rating plate in the same location as your operating and assembly instructions.
- **Remove the packaging** from the appliance and dispose of it properly. The packaging consists of foil and cardboard.
- Pay attention to the fact that there are **accessories** in the base of the packaging. Keep packaging elements **away from children**.
- **Thoroughly clean** the appliance and accessories before using them for the first time. This will eliminate any 'newness' smells and soiling (see chapter entitled Cleaning and care).
- The appliance must be installed and connected **by a specialist** before it is operated for the first time. **Before operating** the appliance for the first time, make sure that the mains connection is in proper working order.
- Take the **lava stones** out of the foil and pour them into the lava stone box.

## 1.3 About use

- **The appliance** is intended solely for use in the household and must not be put to any other uses.  
Use the appliance to prepare meals only. It must not be used to heat up the room in which it is installed.
- In the event of **malfunctions**, first of all check the household fuses. If the problem has nothing to do with the power supply, please contact your specialist dealer or your local Gaggenau after-sales service.
- **A built-in temperature protection facility** prevents overheating of the appliance.
- Return the control knob to 0 **after grilling**.

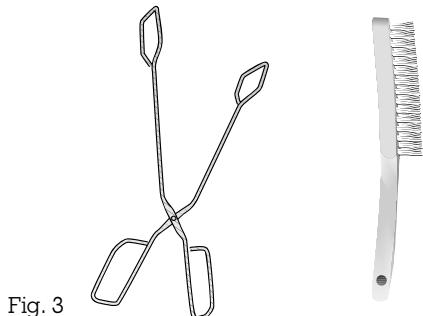
## 2. Structure and operating principle

### 2.1 Structure of the appliance



- 1 Pilot light
- 2 Grease tray (dishwasher-proof)
- 3 Appliance cover
- 4 Cast gridiron (detachable)
- 5 Lava stone box (underneath the cast gridiron) to accommodate the lava stones
- 6 Control knob for the front grilling element
- 7 Control knob for the rear grilling element

### 2.2 Accessories



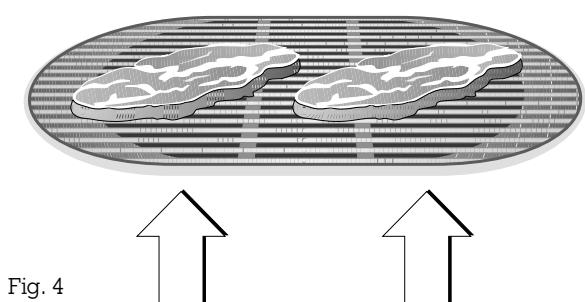
As standard, your grill comes with the following **accessories** (fig. 3):

- Lava stones
- Grilling tongs
- Cleaning brush

You can order the following special accessories:

- Griddle plate AM 060-000

### 2.3 Operating principle



Grilling involves browning and cooking through intensive heat radiation or conduction without or with only a small amount of fat. Grilling involves a temperature between 250 and 270 °C. The heat radiation is absorbed by the food.

The following foodstuffs are suitable for grilling: Fish, meat, poultry, fruit, vegetables and special cakes and biscuits.

The unit features **two separately switchable grilling elements**. So, you have a possibility of grilling separate foodstuffs with differing temperature requirements at the same time. You can also save energy with smaller or small numbers of grilled pieces.

# 3. Operation

## 3.1 Switching on

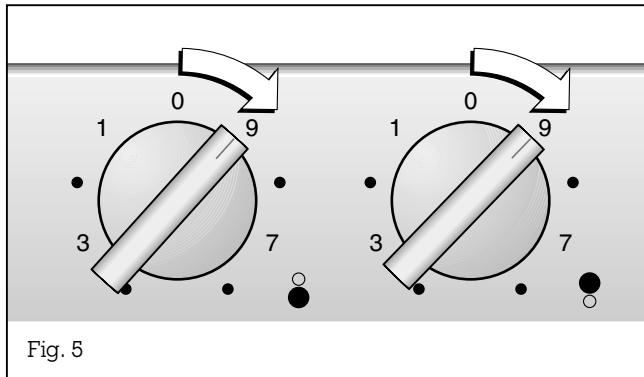


Fig. 5

Make sure when unpacking that there are **lava stones** in the appliance. Take the lava stones out of the foil and pour them into the lava stone box. (The contents of the bag are sufficient.)

### Switching on:

Turn the two control knobs to the required stage (1-9). You can turn on only one of the two heating elements or you can choose different switch settings. The pilot light lights up red.

### Caution:

Grilling produces very high temperatures. Keep the appliance out of the reach of children!

## 3.2 Switching off

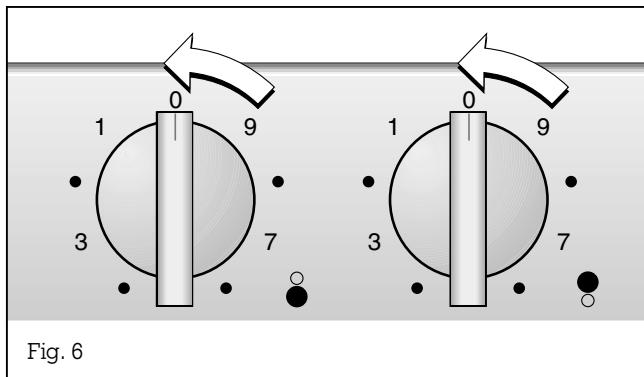


Fig. 6

### Switching off:

Turn both control knobs to the 0 position. The pilot light goes off.

**Caution!** The appliance must not be touched for at least 15-20 minutes! **Risk of burns!**

**Do not replace the cover** until the appliance has cooled down completely!

### And this is how to grill:

- Switch on the appliance as described above.
- Heat up the grill at level 9 for about 7-8 minutes.
- Switch back to a lower level after preheating. Put on the food you wish to grill.

### Notes:

- Dry moist food well.
- The moister the food is, the more smoke may be produced!
- During grilling, dripping fat may flare up briefly.

Please observe our "tips and tricks"!

### 3.3 Operation with griddle plate



Fig. 7

- Detach the gridiron
- Place the grille plate AM 060-000 (special accessory) on the Vario grill (Fig. 7).
- Switch on the appliance as described on Page 5.
- Heat up the grill at level 9 for about 5 minutes.
- Switch back to a lower level (between 5 and 7) after preheating. Put on the food you wish to grill.

The griddle plate is particularly suitable for preparing fish, vegetables, sweets (e.g. shredded pancake with sugar and raisins), but also meat.

## 4. Cleaning and care

Please thoroughly clean the appliance **before operating it for the first time**. Heat up the appliance at level 9 for a few minutes.

Allow the appliance to **cool down**. Swivel up the two heating elements and remove the inner tub containing the lava stones.

**Clean** the grill after every use. By doing so, you avoid baking in of residues. After residues have baked in several times, they are then difficult to remove. Wait until the appliance has cooled down completely before cleaning it.

Clean the **grease collecting tray** in a dishwasher. Clean the **gridiron** with the grill brush or with dishwashing detergent and a dishwashing brush.

**The lava stones** must be replaced when they are black. In this case, the lava stones have become saturated with grease. You can order lava stones by quoting the order number LV 020-000.

**Wash** the lava stones thoroughly with rinsing detergent and dry them. Pour the lava stones back into the lava stone tub and tilt down the grilling elements. The grilling elements must lie flat. Heat up both grilling elements to level 9 for a few minutes and then turn the control knob to 0.

**Wipe out** the stainless steel tub with rinsing detergent. Soak stubborn stains.

**Do not scrape off** baked in food remainders. Soften them with a moist cloth and detergent instead.

You can clean the **tub** (not the control panel!) with stainless steel cleaner and then with a stainless steel care product.

**The control panel** must not be cleaned with stainless steel cleaner as this may be aggressive to the inscriptions. Use a moist cloth and light rinsing detergent to clean it and wipe it dry with a soft dry cloth.

**Do not** use any abrasive or caustic cleaners (abrasive and nitro cleaning agents).

**Do not** use any abrasive sponges!

To clean the **griddle plate** AM 060-000 (special accessory), sprinkle coarse salt onto the grilling surface after use. Mix the salt with the grease until it has become saturated with the grease. Remove the salt and wipe it away with a dry cloth.

It is advisable to spray or rub the griddle plate with oil if it is not in use for a prolonged length of time.

### Note:

The appliance must not be cleaned with a high-pressure cleaner or with water pressure!

## 5. Maintenance

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First disconnect the appliance from the mains  
**before carrying out any repairs.**

In the event of **malfunctions**, first of all check the household fuses. Contact your responsible **Gaggenau after-sales service** if the power supply is in proper working order, but your appliance is nevertheless not functioning. Specify the appliance type (see rating plate).

**Repairs** must only be carried out by authorised specialists, thus ensuring the safety of the appliance.

Improper tampering will render all warranty claims null and void.

## 6. Practical tips

### 6.1 Table of settings

The specified grilling times serve as guide values only.

#### Setting table for VR 230

| Item   | Level*  | Grilling time*  | Remarks   |
|--|---------|---|---|
| <b>Meats</b>   |         |   |   |
| Rumpsteak  | 9       | 2 - 3 min. each side  | 2 min. each side at level 9 for thick pieces, the other 2 minutes each at level 8 (lozenge pattern).  |
| Veal chop  | 7       | 2 x 3 min. each side (lozenge pattern)                            | Notch chops several times on the bone and in the fat layer so they do not curve during grilling.  |
| Kebab (skewers)                                      | 7 to 8  | 10 - 15 min., turn several times                                  | Marinate or oil skewers; coat them carefully with spiced oil while grilling.  |
| Lamb chop  | 7       | 2 x 3 min. each side (lozenge pattern)                            | Marinate or oil chops. Notch them several times on the bone and in the fat layer so they do not curve during grilling.                      |
| Back of pork steak                                   | 8       | 2 - 3 min. each side  |   |
| Pork belly slices                                    | 7       | 6 - 8 min. each side  | Oiled pork belly slices are easily ignitable.   |
| Grilled sausage                                      | 6 to 7  | 8 to 12 min.  | Cut into sausages so they do not burst.   |
| Beefburger   | 7       | 8 to 10 min.  |   |
| <b>Poultry</b>                                       |         |   |   |
| Turkey breast  | 8       | 4 to 6 min.   |   |
| Poultry skewers                                      | 6 to 7  | 10 - 15 min., turn several times                                  | Skewer poultry alternately with fruits, for example, and marinate it in a sweet-sour marinade; carefully coat with marinade while grilling. |
| <b>Fish and seafoods</b>                             |         |   |   |
| Shrimp skewers                                       | 6 to 7  | 8 - 10 min., turn several times                                   | Marinate shrimps with garlic, olive oil and spices, for example, and coat carefully with marinade while grilling.                           |
| Filled squid   | 7       | 10 - 12 min., turn several times                                  | Boil squid beforehand and carefully coat with oil several times while grilling.   |
| Tuna fish cutlet                                     | 6       | 8 min. each side  | Marinate cutlets beforehand.  |
| Trout, whole   | 7 and 6 | 1st side 5 min. at level 7, turn, 2nd side 8 - 10 min. at level 6 | Coat trout with oil to make sure the skin does not stick to the gridiron.   |
| <b>Side dishes</b>                                   |         |   |   |
| Fruits (e.g. bananas, apple slices or pear halves)   | 7 to 8  | 1 - 2 min. each side  |   |
| Mushrooms (e.g. mushroom slices or oyster mushrooms) | 7       | 1 - 2 min. each side  | If necessary, marinate mushrooms or coat them lightly with oil.   |

\* Rough values

## 6.2 Recipes

### Vegetable kebaps

#### What you need

- 8 shallots
- 1 green pepper
- 8 firm cocktail tomatoes
- 8 small mushrooms
- 1 cooked corn cob
- 8 barbecue onions
- 1 clove of garlic
- 2 dried red chili peppers
- 1 teaspoon of salt
- 1 teaspoon of dried thyme
- 4 tablespoons of olive oil

#### Proceed as follows:

- Cut the base of the root off the shallots.
- Bring abundant amounts of water to the boil and blanch the onions for 2 minutes. Then, they can be removed easily from their skins and are slightly precooked. Rinse the pepper and the cocktail tomatoes, cut the pepper in quarters and remove the pips. Rub the mushrooms clean and remove the stems.
- Cut the pepper into bite-size portions and cut the corn cob into about 2 cm thick slices.
- Peel the clove of garlic and crush it in a mortar together with the chili pepper and the salt.
- Add thyme and stir in the olive oil.
- Stick the vegetables in colourful order on 4 spits, coat them with herbal oil and allow the oil to absorb for 15 minutes.
- Grill the vegetable kebab for 10-15 minutes at level 6-7, turning them several times.

### Broschetta

#### What you need

- 8 small, not too thin, pieces of Italian white bread
- 12 tablespoons of olive oil
- 4 cloves of garlic
- Salt

#### You also need the following for broschetta with tomato

- 16 ripe cocktail tomatoes
- 1/2 bunch basil
- Freshly ground pepper

#### Proceed as follows:

- Coat each side of the bread slices with a little olive oil and roast them on the grill at level 7 for 1-2 minutes. Turn once.
- Peel the garlic, cut it into half and vigorously rub the freshly roasted bread slices with it. Drip olive oil over them and season with salt.

#### Broschetta with tomato

- Briefly blanch the cocktail tomatoes in boiling water, peel them and cut out the stem bases. Chop the tomatoes into large pieces.
- Peel the cloves of garlic and chop them into fine pieces. Place 8 good leaves of the basil aside, rinse the rest, dab it dry and cut it into strips.
- Mix the tomatoes with garlic, chopped basil and a little salt and pile them onto the roasted slices of bread. Trickle the rest of the olive oil over them, pepper lightly and garnish with the basil leaves.

## 6.3 Tips and tricks

- **The grilled result** depends on the nature and quality of the meat and on your personal taste.
- As far as possible, grilled pieces should be **equally thick**. In this way, they will brown evenly and they will stay nice and juicy.
- **Always preheat** the grill. In this way, the intensive heat radiation will seal the surface of the grilled food and juice cannot leak.
- **Place** grilled pieces directly on the gridiron. If there is only piece for grilling, place it on the gridiron, as far as possible in the middle, over the switched-on heating element. That is the best to do it. Turn grilled pieces over as soon as they can be removed easily from the gridiron. The pores have now been sealed.
- Always grill steaks unsalted. Otherwise, water and soluble nutrients might leak and be lost.
- Avoid pickled foods such as boiled ham and smoked pork etc. as otherwise a compound may be produced that is harmful to health.
- To avoid drying out of the surface and to improve the taste, lightly brush grilled food with heat-resistant oil (e.g. peanut oil). Make sure you do not use too much oil as otherwise there will be a risk of fire.
- You might notice that the grilling element switches on and off automatically during the grilling time. This is normal.
- **Poultry** becomes particularly crispy brown if you coat it with butter, salty water or orange juice towards the end of the cooking time.
- **Serve** grilled food hot.
- **Grilled food** will go tough if you keep it warm.
- Meat is medium if **juice** leaks out of the surface of a steak (pink inside and crispy brown on the outside).
- **Do not pierce** the meat while grilling it. It may lose its juice. Turn the meat when small drips can be seen on its surface.
- **Do not remove** the fatty layer (e.g. on a cutlet) until after grilling as otherwise the meat will lose juice and aroma.

### Would you have known?

#### **Advantages of grilling**

**No or little fat** is used when grilling. Therefore, it is a low-fat preparation method.

**Grilling** is a gentle cooking method in which nutrients, taste and aroma substances are largely retained. Grilled foodstuffs are easy on the stomach because they are prepared without fat and sauces.

**During grilling**, intensive browning appears on the surface of foodstuffs, but no crust, with the result that grilled foods are easy to digest and are suitable for diets.

## **Beef**

- Well-hung pieces are particularly suitable. If you have not gathered much grilling experience, you should practice with pieces of meat such as rump steak or high rib, after which you can try your hand at entrecôte or fillet steak. For smaller pieces of meat, the gridiron must be very hot as otherwise the meat will dry out.

## **Veal**

- Veal very quickly becomes dry, also in foil. To protect the meat, you can wrap bacon around it. This will sacrifice its fine intrinsic taste, but the meat will remain juicy. Veal steaks taste good if cut from the back and grilled for such a short time that the meat is not too well-done. Then leave the meat to rest at 80° in the oven.

## **Pork**

- Nicely streaky pork does not need a marinade or oil. With the exception of roast pork and neck of pork, pieces of fillet, chops and hocks can be grilled well. Pork takes slightly longer to cook than other kinds of meat.

## **Lamb**

- Lamb is ideally suitable for grilling. It is more tender than beef, but not as tender as veal. Chops and pieces of shoulder are ideal. Lemon butter goes well with these. Preheat the plate and serve the piece of meat as hot as possible because the fat is difficult to digest when cold.

## **Poultry**

- All kinds of poultry can be cooked on the grill. In the case of guinea fowl, small pigeons and quail, we brush a little fat onto the skin. Do not brush chicken with oil because they have enough fat under their skin. Poultry is seasoned inside and out before grilling.

## **Fish**

- Salt water fish are no problem at all, whereas fresh water fish require a gentle approach because they fall apart in most cases. They are best prepared in aluminium foil or brushed generously with olive oil or lumps of butter.

## **Vegetables / potatoes**

- Firm types of vegetables such as celery, chili, aubergines, corn cobs, fennel or onions are outstandingly suitable for grilling.

## **Fruit**

- Apples, bananas, pears, pineapples and peaches grill lend themselves excellently to grilling.

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